

DESIGN AND TECHNOLOGY AS APPLIED CONSCIOUSNESS SCIENCE

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**SOCIETY
FOR
SCIENTIFIC
EXPLORATION**

1
00:00:12,419 --> 00:00:07,530

how to start this

2
00:00:16,140 --> 00:00:12,429

I forgot I have a complicated name so my

3
00:00:18,720 --> 00:00:16,150

name is Minori so when I think I'm an

4
00:00:22,859 --> 00:00:18,730

architect and a designer based in Los

5
00:00:24,390 --> 00:00:22,869

Angeles California and I worked on this

6
00:00:28,650 --> 00:00:24,400

topic with my partner

7
00:00:35,970 --> 00:00:28,660

Nelson Abreu he is an engineer so just

8
00:00:38,279 --> 00:00:35,980

to establish a context so for the past

9
00:00:40,349 --> 00:00:38,289

20 years or so I've been really

10
00:00:42,840 --> 00:00:40,359

interested in and fascinated about

11
00:00:45,959 --> 00:00:42,850

finding out what's the relationship we

12
00:00:52,799 --> 00:00:45,969

have with beauty our design and

13
00:00:54,899 --> 00:00:52,809

technology um and for me it's about

14

00:00:58,619 --> 00:00:54,909

trying to understand the world that we

15

00:01:02,939 --> 00:00:58,629

live in but also then figuring out how

16

00:01:05,369 --> 00:01:02,949

to apply it in a sense that we live in a

17

00:01:07,050 --> 00:01:05,379

world that has a lot of challenges and I

18

00:01:10,050 --> 00:01:07,060

feel like we all have a personal

19

00:01:13,620 --> 00:01:10,060

responsibility to contribute in any way

20

00:01:16,680 --> 00:01:13,630

we can and I figured what's the best way

21

00:01:18,210 --> 00:01:16,690

to do that is to figure out what's your

22

00:01:19,740 --> 00:01:18,220

place in the world and I have really

23

00:01:23,190 --> 00:01:19,750

been interested in design and

24

00:01:25,710 --> 00:01:23,200

architecture since I was a kid and it

25

00:01:29,550 --> 00:01:25,720

was important for me to realize or

26

00:01:31,110 --> 00:01:29,560

figure out if that passion was just a

27

00:01:36,840 --> 00:01:31,120

passion but if we could also do

28

00:01:43,320 --> 00:01:36,850

something with it so in finding answers

29

00:01:47,160 --> 00:01:43,330

for this question I've come up with um

30

00:01:50,490 --> 00:01:47,170

some ideas and I want to share with you

31

00:01:54,840 --> 00:01:50,500

today about design and technology's

32

00:01:57,810 --> 00:01:54,850

impact on the consciousness and how we

33

00:02:02,100 --> 00:01:57,820

can use that as a tool to improve our

34

00:02:08,029 --> 00:02:02,110

well being but I want to start talking

35

00:02:10,919 --> 00:02:08,039

to you by talking to our being and being

36

00:02:13,410 --> 00:02:10,929

anybody who's taken some philosophy

37

00:02:17,890 --> 00:02:13,420

classes probably is a little familiar

38

00:02:21,130 --> 00:02:17,900

with this concept my interested in

39

00:02:24,580 --> 00:02:21,140

interesting beings come from being and

40

00:02:31,240 --> 00:02:24,590

being comes from trying to understand

41

00:02:35,530 --> 00:02:31,250

the world around us so what is being and

42

00:02:39,750 --> 00:02:35,540

what are beings so as you can see

43

00:02:44,199 --> 00:02:39,760

everything around us all of us plants

44

00:02:49,330 --> 00:02:44,209

pets ourselves they all consider to be

45

00:02:52,930 --> 00:02:49,340

beings all beings and then being as in

46

00:02:56,430 --> 00:02:52,940

eating sleeping working going to the

47

00:03:01,869 --> 00:02:56,440

park hanging out but existence living

48

00:03:05,410 --> 00:03:01,879

experience and reality are collectively

49

00:03:08,680 --> 00:03:05,420

being and being for me is consciousness

50

00:03:10,750 --> 00:03:08,690

and phenomena that's everything that we

51
00:03:15,160 --> 00:03:10,760
are about and things that we are trying

52
00:03:18,460 --> 00:03:15,170
to study so I had a lot of questions

53
00:03:22,000 --> 00:03:18,470
about being and being and I started out

54
00:03:26,770 --> 00:03:22,010
asking some of the big questions about

55
00:03:29,259 --> 00:03:26,780
what's consciousness um who are we what

56
00:03:32,289 --> 00:03:29,269
are we here to do why does the universe

57
00:03:36,339 --> 00:03:32,299
exist and what's the purpose of all of

58
00:03:39,190 --> 00:03:36,349
these and if those questions weren't

59
00:03:41,409 --> 00:03:39,200
enough I was asking another layer of

60
00:03:44,409 --> 00:03:41,419
questions and what's our relationship

61
00:03:48,159 --> 00:03:44,419
with the belt and more what's the built

62
00:03:52,089 --> 00:03:48,169
environment our houses the buildings

63
00:03:57,309 --> 00:03:52,099

roads parks monuments everything around

64

00:04:01,119 --> 00:03:57,319

us so the questions that I was asking

65

00:04:02,860 --> 00:04:01,129

about trying to understand the

66

00:04:05,819 --> 00:04:02,870

relationship with the built environment

67

00:04:08,500 --> 00:04:05,829

and aesthetics and beauty and design

68

00:04:10,420 --> 00:04:08,510

some of the questions I'm going to pop

69

00:04:12,610 --> 00:04:10,430

them up but I'm not going to read all of

70

00:04:16,719 --> 00:04:12,620

them to you so basic questions like

71

00:04:20,140 --> 00:04:16,729

what's beauty was a function and thus

72

00:04:22,930 --> 00:04:20,150

design have an impact on well-being you

73

00:04:25,930 --> 00:04:22,940

see the the process that I try to

74

00:04:31,450 --> 00:04:25,940

understand a subject is to ask a series

75

00:04:33,940 --> 00:04:31,460

of questions this is this is how I think

76

00:04:37,090 --> 00:04:33,950

i it's a technique that I use when I

77

00:04:41,770 --> 00:04:37,100

want to really dig deep into a topic so

78

00:04:43,570 --> 00:04:41,780

I was asking also about what's the

79

00:04:48,240 --> 00:04:43,580

relationship with the built environment

80

00:04:51,940 --> 00:04:48,250

what what specific attributes do each

81

00:04:55,630 --> 00:04:51,950

component bring like one shape versus

82

00:04:59,550 --> 00:04:55,640

the other what's the impact of different

83

00:05:05,410 --> 00:04:59,560

materials that we use the color light

84

00:05:09,970 --> 00:05:05,420

texture also what's the impact of

85

00:05:13,600 --> 00:05:09,980

technology on being and just that he

86

00:05:15,550 --> 00:05:13,610

plays some kind of role in in the

87

00:05:22,650 --> 00:05:15,560

progress you know the development of

88

00:05:26,400 --> 00:05:22,660

being so through asking these questions

89

00:05:29,800 --> 00:05:26,410

My partner and I we arrived at a

90

00:05:32,140 --> 00:05:29,810

hypothesis that design and technology in

91

00:05:34,480 --> 00:05:32,150

fact do have an impact on the

92

00:05:36,760 --> 00:05:34,490

consciousness and that we might be able

93

00:05:39,160 --> 00:05:36,770

to use this as a tool to improve

94

00:05:43,150 --> 00:05:39,170

well-being and the progress of the

95

00:05:49,080 --> 00:05:43,160

consciousness we think that well-being

96

00:05:53,200 --> 00:05:49,090

is at the center of everything that it's

97

00:05:57,400 --> 00:05:53,210

when you say well-being its you overall

98

00:05:59,830 --> 00:05:57,410

health and happiness and it's not just

99

00:06:04,020 --> 00:05:59,840

you health and happiness but your

100

00:06:06,880 --> 00:06:04,030

environments as well and then happiness

101

00:06:10,390 --> 00:06:06,890

includes things like like life

102

00:06:13,420 --> 00:06:10,400

satisfaction autonomy positive

103

00:06:15,580 --> 00:06:13,430

experiences like your interactions and

104

00:06:17,770 --> 00:06:15,590

relationships meaningful relationships

105

00:06:23,200 --> 00:06:17,780

that you build with people you expose

106

00:06:29,830 --> 00:06:23,210

you to nature your exposure to culture

107

00:06:32,710 --> 00:06:29,840

and the arts and even a abnormal

108

00:06:34,750 --> 00:06:32,720

not abnormal sorry that's the wrong word

109

00:06:38,740 --> 00:06:34,760

I think extraordinary experiences that

110

00:06:41,710 --> 00:06:38,750

we have also purpose and meaning count

111

00:06:44,440 --> 00:06:41,720

towards happiness as our relationship

112

00:06:47,110 --> 00:06:44,450

and community and growth and progress

113

00:06:49,750 --> 00:06:47,120

contribute to well-being so now that we

114

00:06:53,560 --> 00:06:49,760

sort of establish what well-being stands

115

00:06:59,560 --> 00:06:53,570

for me I want to talk to you a little

116

00:07:03,220 --> 00:06:59,570

bit about what I think is the point of

117

00:07:05,320 --> 00:07:03,230

everything that we do at the these

118

00:07:08,170 --> 00:07:05,330

conferences when we try to understand

119

00:07:10,240 --> 00:07:08,180

about the consciousness the work that we

120

00:07:15,040 --> 00:07:10,250

do the research that goes into things

121

00:07:17,860 --> 00:07:15,050

how do we apply that or what do we do

122

00:07:20,290 --> 00:07:17,870

with it and I think it's to find

123

00:07:22,570 --> 00:07:20,300

applications in improving overall

124

00:07:25,720 --> 00:07:22,580

well-being so that we can improve the

125

00:07:30,400 --> 00:07:25,730

quality of life of people but also the

126
00:07:34,090 --> 00:07:30,410
surrounding because nobody really exists

127
00:07:36,159 --> 00:07:34,100
in a bubble you know like we all living

128
00:07:41,469 --> 00:07:36,169
in a world we were interconnected to

129
00:07:44,500 --> 00:07:41,479
each other and we we don't really grow

130
00:07:46,870 --> 00:07:44,510
alone so if all of us want to grow I

131
00:07:49,450 --> 00:07:46,880
think we should all pay attention to how

132
00:07:56,290 --> 00:07:49,460
we grow as well as our surrounding

133
00:07:58,960 --> 00:07:56,300
improves so um with that said if we want

134
00:08:03,100 --> 00:07:58,970
ourselves to grow we also want our

135
00:08:04,900 --> 00:08:03,110
environment to grow and this for me

136
00:08:07,180 --> 00:08:04,910
there's a relationship between the

137
00:08:11,230 --> 00:08:07,190
environment the overall well-being and

138
00:08:15,940 --> 00:08:11,240

the design of the environment let's take

139

00:08:20,850 --> 00:08:15,950

a look at that um all of us react a

140

00:08:24,610 --> 00:08:20,860

certain way when we come across objects

141

00:08:26,920 --> 00:08:24,620

we we react in a certain way towards a

142

00:08:30,969 --> 00:08:26,930

phone about the functionality you know

143

00:08:31,930 --> 00:08:30,979

the colors and the textures the shape

144

00:08:35,500 --> 00:08:31,940

and form

145

00:08:38,680 --> 00:08:35,510

overall weights organize the materials

146

00:08:40,630 --> 00:08:38,690

use so I want you to take a moment to

147

00:08:44,140 --> 00:08:40,640

take a look at these pictures

148

00:08:46,780 --> 00:08:44,150

and think how do you react what's your

149

00:08:50,050 --> 00:08:46,790

reaction when you take a look at it now

150

00:08:54,250 --> 00:08:50,060

think for a minute about what causes

151

00:08:59,740 --> 00:08:54,260

that reaction is a the colors the

152

00:09:05,410 --> 00:08:59,750

textures the way it's placed so just pay

153

00:09:10,150 --> 00:09:05,420

attention to that and bear with me so in

154

00:09:13,090 --> 00:09:10,160

a place in addition to the colors and

155

00:09:16,480 --> 00:09:13,100

the textures and the shapes we also

156

00:09:19,420 --> 00:09:16,490

think about the scale like you the space

157

00:09:24,090 --> 00:09:19,430

that you occupy and the relationship you

158

00:09:29,200 --> 00:09:24,100

have to that space light ventilation

159

00:09:34,420 --> 00:09:29,210

composition materials use methods of

160

00:09:37,060 --> 00:09:34,430

construction technology and so on we

161

00:09:43,510 --> 00:09:37,070

will take a look at a few pictures how

162

00:09:45,670 --> 00:09:43,520

do you react to those environments when

163

00:09:50,140 --> 00:09:45,680

you go to a museum versus when you go to

164

00:09:57,400 --> 00:09:50,150

the living room of a art gallery an

165

00:10:00,790 --> 00:09:57,410

intimate space places to contemplate but

166

00:10:09,100 --> 00:10:00,800

it can be a public space private space

167

00:10:11,890 --> 00:10:09,110

or even 'inna in a park and you see that

168

00:10:17,170 --> 00:10:11,900

when you go to certain places like a

169

00:10:19,240 --> 00:10:17,180

church or a sanctuary the the

170

00:10:24,190 --> 00:10:19,250

environment that you are in has an

171

00:10:27,910 --> 00:10:24,200

impact on how you feel you be in that

172

00:10:30,640 --> 00:10:27,920

space so some of the reactions we could

173

00:10:34,630 --> 00:10:30,650

get could be things like Oh an

174

00:10:36,070 --> 00:10:34,640

inspiration oh we just want to get out

175

00:10:38,080 --> 00:10:36,080

of that place because we just feel

176

00:10:45,660 --> 00:10:38,090

something's not right and we feel

177

00:10:48,910 --> 00:10:45,670

agitated and we fear chaos so my

178

00:10:52,000 --> 00:10:48,920

question at that point was to understand

179

00:10:54,910 --> 00:10:52,010

what causes that like is it it's not

180

00:10:56,290 --> 00:10:54,920

just the material things so then I

181

00:11:00,280 --> 00:10:56,300

understood there's a second layer of

182

00:11:02,889 --> 00:11:00,290

information there's the shared memories

183

00:11:04,990 --> 00:11:02,899

the history and the legacy of a place if

184

00:11:07,829 --> 00:11:05,000

you think about antiques or things that

185

00:11:12,699 --> 00:11:07,839

have been handed over like hair looms

186

00:11:15,250 --> 00:11:12,709

there are certain history that comes

187

00:11:19,680 --> 00:11:15,260

with it it has been passed over for a

188

00:11:23,740 --> 00:11:19,690

while and so on so you know there's

189

00:11:26,560 --> 00:11:23,750

anyone from New York there's a place

190

00:11:32,500 --> 00:11:26,570

called the High Line in New York it used

191

00:11:35,710 --> 00:11:32,510

to be an abandoned railway line that was

192

00:11:38,980 --> 00:11:35,720

then converted into a park and now it's

193

00:11:42,160 --> 00:11:38,990

a beautiful urban garden so this place

194

00:11:47,819 --> 00:11:42,170

has history legacy and memories that

195

00:11:56,259 --> 00:11:52,629

but beyond the history and the legacy

196

00:11:58,420 --> 00:11:56,269

and the materials and the colors I think

197

00:12:01,870 --> 00:11:58,430

there are other factors that contribute

198

00:12:05,740 --> 00:12:01,880

to how we feel towards design and

199

00:12:09,939 --> 00:12:05,750

objects and places I think there's an

200

00:12:12,670 --> 00:12:09,949

impact on what the intentions of not

201
00:12:17,550 --> 00:12:12,680
only the person who designed it but the

202
00:12:21,069 --> 00:12:17,560
person who uses said like you know a

203
00:12:22,090 --> 00:12:21,079
place let's say can be designed for

204
00:12:25,000 --> 00:12:22,100
something else

205
00:12:26,980 --> 00:12:25,010
but then people go about and use it in

206
00:12:30,970 --> 00:12:26,990
different ways this is an organic

207
00:12:35,350 --> 00:12:30,980
process that happens so in that process

208
00:12:37,600 --> 00:12:35,360
we bring our intentions our energy and

209
00:12:40,809 --> 00:12:37,610
thoughts and sentiments to it and I

210
00:12:43,300 --> 00:12:40,819
think we should spend a little bit time

211
00:12:46,780 --> 00:12:43,310
thinking about this and trying to

212
00:12:51,100 --> 00:12:46,790
understand how it impacts us as people

213
00:12:52,930 --> 00:12:51,110

as beings who are trying to understand

214

00:12:57,699 --> 00:12:52,940

how to navigate through the world that

215

00:13:03,069 --> 00:12:57,709

we are living in and I think in a place

216

00:13:04,550 --> 00:13:03,079

like a church or a museum or even if you

217

00:13:07,220 --> 00:13:04,560

go to a place

218

00:13:09,550 --> 00:13:07,230

like a music venue anyway you do a

219

00:13:12,920 --> 00:13:09,560

duration you notice that it has

220

00:13:16,430 --> 00:13:12,930

something that you can't quite explain

221

00:13:19,400 --> 00:13:16,440

other than the energy that it has that

222

00:13:23,019 --> 00:13:19,410

has built over time that people go there

223

00:13:25,970 --> 00:13:23,029

to admire and see so this energy

224

00:13:30,019 --> 00:13:25,980

component of it I think plays a huge

225

00:13:33,530 --> 00:13:30,029

role but we don't really talk about it

226

00:13:35,060 --> 00:13:33,540

in design Oh in architecture all that

227

00:13:40,610 --> 00:13:35,070

much and I think it's important to

228

00:13:44,630 --> 00:13:40,620

explore that um so like I said and I

229

00:13:47,210 --> 00:13:44,640

think it not only as designers we need

230

00:13:48,710 --> 00:13:47,220

to understand it but I think as users we

231

00:13:51,079 --> 00:13:48,720

need to understand that so we begin to

232

00:13:56,420 --> 00:13:51,089

pay attention to when we go to a place

233

00:14:06,410 --> 00:13:56,430

what we fear might be impacted by these

234

00:14:10,570 --> 00:14:06,420

other components and we should be able

235

00:14:12,829 --> 00:14:10,580

to in this process differentiate and

236

00:14:14,900 --> 00:14:12,839

understand what are the physical

237

00:14:17,860 --> 00:14:14,910

attributes like the colors and the

238

00:14:22,040 --> 00:14:17,870

textures but also the non physical

239

00:14:25,610 --> 00:14:22,050

attributes like the history and embedded

240

00:14:27,710 --> 00:14:25,620

by the users and the designers like the

241

00:14:31,210 --> 00:14:27,720

energy and the intentions in the

242

00:14:38,930 --> 00:14:36,620

so looking at these we thought okay now

243

00:14:42,170 --> 00:14:38,940

it's one thing to understand but it's

244

00:14:44,000 --> 00:14:42,180

also important to figure out how to find

245

00:14:47,140 --> 00:14:44,010

applications as an engineer and an

246

00:14:55,480 --> 00:14:47,150

architect that's sort of what we do so

247

00:15:01,280 --> 00:14:55,490

we my husband and I he's my chief

248

00:15:06,760 --> 00:15:01,290

culprit in adventures and partner in all

249

00:15:10,190 --> 00:15:06,770

sorts of exploits we will be launching a

250

00:15:11,970 --> 00:15:10,200

studio this summer called gnome escape

251

00:15:14,460 --> 00:15:11,980

studio we will be

252

00:15:16,500 --> 00:15:14,470

doing work that occurs at the

253

00:15:20,760 --> 00:15:16,510

intersection of design technology and

254

00:15:22,800 --> 00:15:20,770

well-being will be doing spaces like

255

00:15:26,790 --> 00:15:22,810

architecture spaces but will be also

256

00:15:31,470 --> 00:15:26,800

doing products and apps it's I've been

257

00:15:34,770 --> 00:15:31,480

trying to do the applications in

258

00:15:36,870 --> 00:15:34,780

architecture projects that I do but I'm

259

00:15:38,970 --> 00:15:36,880

not the one who's financing it and I'm

260

00:15:42,770 --> 00:15:38,980

not at a financial position to do that

261

00:15:45,930 --> 00:15:42,780

just yet so I have limited control over

262

00:15:48,420 --> 00:15:45,940

the extent that I want to go to but we

263

00:15:52,170 --> 00:15:48,430

figured if we start with products of the

264

00:15:55,470 --> 00:15:52,180

smallest scale we could potentially do

265

00:16:02,490 --> 00:15:55,480

some work exploring and trying to

266

00:16:06,120 --> 00:16:02,500

understand what we are working on so we

267

00:16:11,340 --> 00:16:06,130

have an app that we are developing right

268

00:16:12,770 --> 00:16:11,350

now it's to help people trained as

269

00:16:19,560 --> 00:16:12,780

[Music]

270

00:16:23,280 --> 00:16:19,570

trained to do mindfulness mindfulness

271

00:16:26,870 --> 00:16:23,290

training and also to have extraordinary

272

00:16:31,380 --> 00:16:26,880

experiences because I think these

273

00:16:35,340 --> 00:16:31,390

experiences are natural they're not you

274

00:16:38,780 --> 00:16:35,350

know only exclusively for some special

275

00:16:42,930 --> 00:16:38,790

people and I think people can and should

276

00:16:46,470 --> 00:16:42,940

train and be able to harness some of

277

00:16:51,390 --> 00:16:46,480

these potential artists so one of the

278

00:16:55,290 --> 00:16:51,400

things I want to emphasize is that the

279

00:16:57,750 --> 00:16:55,300

app that we will be working on and sorry

280

00:17:00,810 --> 00:16:57,760

I didn't talk about the two pods we are

281

00:17:02,640 --> 00:17:00,820

developing two pods right now also one

282

00:17:07,560 --> 00:17:02,650

is a fully enclosed part and the other

283

00:17:10,140 --> 00:17:07,570

one is a semi enclosed part they will be

284

00:17:11,760 --> 00:17:10,150

training tools for people to use in

285

00:17:15,450 --> 00:17:11,770

different applications like relaxation

286

00:17:19,620 --> 00:17:15,460

but also impactful experiences

287

00:17:23,190 --> 00:17:19,630

facilitation and stress reduction was

288

00:17:24,679 --> 00:17:23,200

creativity and so on we want to

289

00:17:27,949 --> 00:17:24,689

emphasize that be

290

00:17:30,169 --> 00:17:27,959

we are not trying to use technology as a

291

00:17:34,240 --> 00:17:30,179

way to create dependency or create

292

00:17:38,889 --> 00:17:34,250

crutch but we really want to help people

293

00:17:46,009 --> 00:17:38,899

to use this like training rules you know

294

00:17:51,350 --> 00:17:46,019

in to to wrap up this topic I want to

295

00:17:53,659 --> 00:17:51,360

invite everyone here that we found our

296

00:17:56,629 --> 00:17:53,669

passion that something that we really

297

00:17:58,700 --> 00:17:56,639

care about also combine it with what

298

00:18:03,529 --> 00:17:58,710

we're really interested in consciousness

299

00:18:06,169 --> 00:18:03,539

science and we feel that we've gotten a

300

00:18:08,629 --> 00:18:06,179

lot of satisfaction in the process of

301

00:18:11,950 --> 00:18:08,639

exploring these topics and I want to

302

00:18:15,019 --> 00:18:11,960

invite each of you to find the area of

303

00:18:17,480 --> 00:18:15,029

interest that you have combine it with

304

00:18:19,759 --> 00:18:17,490

your passion and join it with the

305

00:18:22,159 --> 00:18:19,769

knowledge that we have that's becoming

306

00:18:24,019 --> 00:18:22,169

available at these conferences through

307

00:18:28,220 --> 00:18:24,029

all the research that everyone's doing

308

00:18:30,919 --> 00:18:28,230

and try and do something that we can

309

00:18:46,610 --> 00:18:30,929

together make this world a little bit

310

00:18:54,330 --> 00:18:52,140

thank you thank you for your

311

00:18:57,420 --> 00:18:54,340

presentation are you familiar with the

312

00:19:04,680 --> 00:18:57,430

Chinese and Japanese shui

313

00:19:09,810 --> 00:19:04,690

I actually looked into feng shui and the

314

00:19:12,720 --> 00:19:09,820

Indian philosophy of VAS - they all look

315

00:19:15,330 --> 00:19:12,730

into this same topic and I think sacred

316

00:19:19,500 --> 00:19:15,340

geometry also have talked about these

317

00:19:21,150 --> 00:19:19,510

topics the the I'm going to be honest

318

00:19:24,090 --> 00:19:21,160

with you I haven't studied it at depth

319

00:19:27,930 --> 00:19:24,100

my education has been in Western

320

00:19:32,370 --> 00:19:27,940

architecture Western philosophy but I

321

00:19:34,530 --> 00:19:32,380

did study Buddhist philosophy previously

322

00:19:38,400 --> 00:19:34,540

before I moved to the States

323

00:19:41,100 --> 00:19:38,410

so I do have awareness but I from what I

324

00:19:43,350 --> 00:19:41,110

see there are similarities in the topic

325

00:19:47,100 --> 00:19:43,360

and I think there's a lot more that you

326

00:19:49,020 --> 00:19:47,110

can combine and dig deep into this topic

327

00:19:53,850 --> 00:19:49,030

because I think this value you know like

328

00:19:57,270 --> 00:19:53,860

we shouldn't lose the knowledge that

329

00:20:00,030 --> 00:19:57,280

came with those practices and I think we

330

00:20:01,890 --> 00:20:00,040

in the process of getting caught up in

331

00:20:05,130 --> 00:20:01,900

this material world that we are in right

332

00:20:08,100 --> 00:20:05,140

now we're sort of forgetting that when

333

00:20:31,320 --> 00:20:08,110

we are doing buildings and objects and

334

00:20:58,330 --> 00:20:56,230

I am NOT going to give you a scientific

335

00:21:02,050 --> 00:20:58,340

answer to this because I'm not a

336

00:21:04,720 --> 00:21:02,060

scientist and I know their us research

337

00:21:06,790 --> 00:21:04,730

that's been done in this topic but I've

338

00:21:09,640 --> 00:21:06,800

often wondered about this because I'm

339

00:21:11,920 --> 00:21:09,650

from Sri Lanka it's where I grew up it's

340

00:21:13,930 --> 00:21:11,930

like a rainforest we had rain ten month

341

00:21:15,790 --> 00:21:13,940

out months out of the year and then I

342

00:21:19,210 --> 00:21:15,800

lived in New York and Miami and now I

343

00:21:22,390 --> 00:21:19,220

live in LA we have no rain in LA at all

344

00:21:24,820 --> 00:21:22,400

and I feel the difference I feel when I

345

00:21:28,120 --> 00:21:24,830

go for a few weeks or months without

346

00:21:31,090 --> 00:21:28,130

going to a place that gets rain I feel

347

00:21:33,370 --> 00:21:31,100

it so I feel like water has a huge

348

00:21:35,890 --> 00:21:33,380

impact on the way we are other than the

349

00:21:39,910 --> 00:21:35,900

fact that it sustains us and that we

350

00:21:41,560 --> 00:21:39,920

live you know but I feel like there's an

351
00:21:44,980 --> 00:21:41,570
energetic component to it and I'd be

352
00:21:49,590 --> 00:21:44,990
interested in learning about it and I

353
00:21:52,180 --> 00:21:49,600
know there are some discussions in our

354
00:21:54,550 --> 00:21:52,190
circles that's going on about it and I'd

355
00:21:57,670 --> 00:21:54,560
really be interested if anyone would

356
00:22:04,460 --> 00:21:57,680
chime in on that with me later on thank

357
00:22:59,990 --> 00:22:52,990
there's two children maybe ether of

358
00:23:06,500 --> 00:23:00,000
Sciences getting revisions yes thank you

359
00:23:09,890 --> 00:23:06,510
yeah yes I think form definitely has a

360
00:23:13,520 --> 00:23:09,900
big impact on how we respond to the

361
00:23:14,330 --> 00:23:13,530
world and how we respond to things so it